

# Brain fog

Brain fog is one symptom that has been underexplored in traumatic brain injury (TBI). Bell et al. explored the [cognitive](#) and affective correlates of brain fog in people with symptomatic [mild traumatic brain injury](#) (n = 15), moderate-to-severe TBI (n = 15), and a healthy control group (n = 16). Measures across the studies assessed "brain fog" (Mental Clutter Scale), objective cognition (Useful Field of View® and Cogstate Brief Battery®), post-concussive symptoms (Post-Concussion Symptom Scale), and depressive symptoms (Profile of Moods Scale). Brain fog was higher in symptomatic mild TBI and moderate-to-severe TBI compared with healthy controls. Greater brain fog corresponded to greater depressive symptoms in symptomatic mild TBI. Greater brain fog corresponded to poorer episodic memory and working memory in moderate-to-severe TBI. Brain fog appears to reflect challenges in recovery, including depressive symptoms and worse cognitive function. Screening for brain fog might be worthwhile in people with brain injuries <sup>1)</sup>.

<sup>1)</sup>

Bell T, Crowe M, Novack T, Davis RD, Stavrinos D. Severity and correlates of brain fog in people with traumatic brain injury. Res Nurs Health. 2022 Dec 12. doi: 10.1002/nur.22280. Epub ahead of print. PMID: 36504287.

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